

Pan-Fried Sole with Cucumber and Tomato Salsa



Ingredients

- 2 cups quartered cherry tomatoes
- 3/4 cup finely chopped cucumber
- 1/3 cup finely chopped yellow bell pepper
- 3 tablespoons chopped fresh basil
- 2 tablespoons capers
- 1 1/2 tablespoons finely chopped shallots
- 1 tablespoon balsamic vinegar
- 2 teaspoons grated lemon rind
- 1 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 1 tablespoon olive oil
- 4 (6-ounce) sole fillets, skinned

Preparation

- Combine first 8 ingredients in a bowl; stir in 1/2 teaspoon salt and 1/8 teaspoon black pepper.
- Heat oil in a large nonstick skillet over medium-high heat. Sprinkle fish with 1/2 teaspoon salt and 1/8 teaspoon black pepper. Add fish to pan; cook 1 1/2 minutes on each side or until fish flakes easily when tested with a fork. Serve with salsa.